

An At-Work Health Awareness Journal

Your health depends on a variety of factors most of which you can control and modify to your advantage. The “Health Awareness Journal”, as a reflection of your health and life style habits, will take one week to complete.

- STEP 1:** Make a commitment to yourself, in the form of a verbal or a written contract, that you will complete this Journal.
- STEP 2:** Identify a “buddy” for support and encouragement.
- STEP 3:** Choose a week to complete the Journal. It is as simple as placing a checkmark under the column that best describes your habits.

Meals										
Breakfast			Lunch			Dinner			Snacks	
Skipped	Ate Out or Take Out	Home Cooked	Skipped	Ate Out or Take Out	Home Cooked	Skipped	Ate Out or Take Out	Home Cooked	Vending Prod-ucts	Fresh Fruits & Veggies
Sunday										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
TOTALS										

Beverages				
Water		Alcohol	Soda	Juice
0-4 Glasses	5 or More Glasses	Number of Glasses	Number of Glasses	Number of Glasses

Physical Activity	Engaged in Favorite Hobby	Sleep		Tobacco Use
30 Minute Session		Hours Nightly		
Check if Yes	Check if Yes	Less than 6	More than 6	Check if Yes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
TOTALS				

STEP 4: Please answer these questions:

- Do you have a social network of trusted family, friends and co-workers?
Yes No
- In the previous 12 months, did you utilize any Occupational Health (OH) services offered at your Center such as annual flu shot, the fitness center, any clinic services or the Employee Assistance Program (EAP)?
Yes No

STEP 5: In preparation for the online portion, you will need to complete the two items listed here.

5a - Take your waist measurement in inches. To do so, place the tape measure just above your navel and parallel with the floor.
This number will be used to calculate your VO₂max as a measure of how well your body uses oxygen.

Waist girth in inches: _____

5b - Familiarize yourself with the NASA Physical Activity Status Scale (NASA PASS). NASA PASS was developed at JSC as a measure of physical activity level. This number will also be used in the VO₂ measurement.

NASA PASS Score: _____

NASA PASS - Physical Activity Status Scale	
Sedentary to Light Exercise Walking for pleasure	0 – Avoid walking or exertion, always use elevator, drive instead of walking.
	1 – Walk for pleasure, routinely use stairs or occasionally exercise sufficiently to cause heavy breathing or perspiration.
Recreational Activity Golfing, bowling, yard work	2 – 10 to 60 minutes per week.
	3 – Over one hour per week.
Heavy Aerobic Exercise Running, brisk walking or comparable activity, basketball, tennis, racquetball, aerobic dance	4 – Run approx. 1 mile per week or walk approx. 1 to 3 miles per week or spend about 30 minutes per week in comparable physical activity.
	5 – Run 1 to 5 miles per week or walk 3 to 6 miles per week or spend 30 to 60 minutes per week in comparable physical activity.
	6 – Run 6 to 10 miles per week or walk 7 to 13 miles per week or spend 1 to 3 hours per week in comparable physical activity.
	7 – Run 11 to 15 miles per week or walk 14 to 20 miles per week or spend 4 to 6 hours per week in comparable physical activity.
	8 – Run 16 to 20 miles per week or walk 21 to 25 miles per week or spend 6 to 8 hours per week in comparable physical activity.
	9 – Run 21 to 25 miles per week or walk 26 to 33 miles per week or spend 9 to 11 hours per week in comparable physical activity.
	10 – Run over 25 miles per week or walk over 34 miles per week or spend over 12 hours per week in comparable physical activity.